



# **MOTION MATTERS**

**Kicking, Rolling, Moving,  
Turning, Poking & More!**

## **How to count your unborn baby's movements:**

1. Begin at 28 weeks.
2. Count your baby's movements every day.
3. Lie quietly on your side after a meal and begin to pay careful attention to your baby's movements.
4. It is best to lie on your side. If you cannot lie down, then sit.
5. Note the time you lie down.
6. See how long it takes for you to count 10 baby movements.
7. You may stop counting after your baby moves 10 times.
8. If your baby has not moved 10 times in two hours, call your doctor, or go to the hospital and tell the nurse that the baby is not moving as often as he had been.



**Take a moment to write down the numbers  
below and keep this card by your telephone:**

Doctor's phone number: \_\_\_\_\_

Hospital Labor/Delivery number: \_\_\_\_\_

## **Signs of Preterm Labor:** (Labor that occurs before 39 weeks)

1. Contractions that occur every 10 minutes or less
2. Leaking of fluid, a change in discharge or bleeding from your vagina
3. Menstrual cramps in your back, legs or stomach
4. The baby “balling up”
5. A low, dull backache that doesn’t go away when you rest
6. A feeling of pressure like the baby is pushing down, or heaviness in your back, legs or stomach
7. Stomach cramps that feel like you are having diarrhea or gas.



**For more information, please  
call the DHEC Care Line at  
1-800-868-0404.**

